

## NUTRITION & WELLNESS

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Academic Programs	Credits
BS in Dietetics	73
BS: Nutrition Science	62
BS: Health	67
Minor in Fitness Education	22
Minor in Food and Nutrition	20
Minor in Health	20
MS: Nutrition and Wellness	32

### Mission

The mission of the Andrews University Department of Nutrition & Wellness is to prepare dietetic, nutrition and fitness professionals for service in their church, society and the world, and to influence the community-at-large to affirm the Adventist lifestyle, including the vegetarian diet and the benefits of regular exercise and physical fitness.

## Undergraduate Programs

The Didactic Program in Dietetics (DPD) at Andrews University is currently accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 S Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899-5400.

### Preparation for the Registration Exam

Andrews University offers two programs to prepare the student for the registration examination given by the Commission on Dietetic Registration of the American Dietetic Association (ADA).

- The DPD program, which meets the academic requirements for registration eligibility.
- The Dietetic Internship, a post-baccalaureate program, designed to meet the supervised practice requirements for registration eligibility.

The Dietetic Internship at Andrews University is currently accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 S Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899-5400.

## The Didactic Program in Dietetics (DPD)

The DPD has two phases:

1. Pre-dietetics: Introductory pre-professional and General Education courses obtained at Andrews University or another accredited college or university.
2. Dietetics: Two years of study in clinical dietetics, food-service management, and community nutrition obtained on the Andrews University campus. Students must complete requirements for the professional Bachelor of Science in Dietetics degree. Students who complete the DPD requirements will be issued a DPD verification statement.

Students are expected to complete a professional development portfolio during the DPD program outlining their goals and accomplishments, including 200 hours of professional dietetic experience. A verification form for completion of the DPD program will not be issued until the professional development portfolio has been satisfactorily completed by the student.

After completion of the BS course work for the DPD, an eight month Dietetic Internship must be completed by a dietetic student for registration eligibility. This supervised practice provides experiences in three main areas of dietetics—community nutrition, clinical nutrition, and food-service management. The Dietetic Internship is available at several hospitals affiliated with Andrews University. Successful completion of this intensive eight-month supervised practice permits a student to write the national registration exam in dietetics. Students who successfully complete the internship will be issued a verification statement.

Upon passing the registry exam, graduates receive formal recognition as Registered Dietitians (RD). This status is maintained by participating in continuing professional education activities approved by the ADA. With advanced study or experience, the dietitian may qualify as a specialist in clinical dietetics, food-service management, nutrition education, or research.

**Admission Requirements.** Prospective dietetics students apply to the director of the Didactic Program in Dietetics in their sophomore year for acceptance into phase 2 of the program by May 15 for the following autumn semester. Successful completion of the prerequisite courses listed below with a minimum cumulative GPA of 2.50 in FDNT, mathematics, and science courses, is required for entry into phase 2 of the program.

## BS: Dietetics (DPD Program) (73)

### Prerequisite Courses—35

ACCT121; BCHM120; BIOL111, 112, 260; CHEM110; FDNT118, 124, 230; PSYC101; and either BHSC220 or 235.

### Cognate Requirements—6

BSAD355, 384

### DPD Requirements—32

FDNT310, 351, 352, 421, 422, 431, 432, 448, 460, 485, 490, 498.

No grade below a C- is accepted for prerequisite and cognate courses (or below a C for dietetic courses). Students planning graduate study in nutrition or medical dietetics are recommended to take the following chemistry courses: CHEM131, 132; CHEM231, 232, 241, 242; BCHM421, 422, 430.

At least 124 semester hours are recommended for graduation. For BS requirements other than those listed above, refer to the General Education requirements listed on p. 41. Graduation is dependent upon the completion of all curriculum requirements with the maintenance of at least a 2.25 cumulative GPA in all dietetic and cognate courses. Graduates are provided with a

*Didactic Program in Dietetics Verification Statement*, testifying to the fact that they have successfully completed the requirements for a BS degree in Dietetics. Students must successfully pass a comprehensive review exam in their senior year before they are eligible to receive a DPD verification form. Dietetics graduates are eligible to apply for an accredited Dietetic Internship program.

## BS: Health (67)

### Required Courses—40

BHSC450, FDNT230, 421, 422, 448, 460, 497, 498, HLED120, 210, 380, 445, 480, PEAC214, PETH465, PSYC319, SOCI415

### Required Cognates—27

BIOL111, 112, CHEM131, 132, MKTG310, PSYC210, 471, SOCI119

**For students doing the pre-med option, the following recommendations are made:**

#### Substitute:

BIOL165, 166 Foundations of Biology	5,5 credits
for BIOL111,112 Anatomy & Physiology I, II	4,3 credits

#### Add:

CHEM231, 232 Organic Chemistry I, II	3,3 credits
CHEM241,242 Organic Chemistry I, II Lab	1,1 credits
BCHM421 Biochemistry	4 credits
BIOL465 Histology	3 credits
PHYS141, 142 General Physics I, II	4,4 credits

## BS: Nutrition Science (62)

BCHM421; BIOL165, 166; CHEM131, 132, 231, 232, 241, 242; FDNT230, 310, 448, 460, 485, 495; ZOOL465; 6 credits chosen from FDNT124, 421, 422, 431, 469, 476; and 8 elective credits selected from chemistry, biology, nutrition, and physics in consultation with the program advisor.

The BS in Nutrition Science is recommended for pre-medical students wishing to have a nutrition and health promotion emphasis as they prepare for medical school. However, this BS does not prepare students for dietetics registration eligibility.

## Minor in Health (20)

FDNT230, 240, HLED120, 210, 445, PEAC214, plus 8 credits selected from HLED, FDNT or other health-related courses approved by the program director.

## Minor in Nutrition and Wellness (20)

Must include FDNT124, 230, 310, 448, 460, HLED120 plus 6 credits selected from the Department of Nutrition and Wellness approved by the director of the Dietetics program.

## Minor in Fitness Education (22)

BIOL111, 112, 113, FTES305, 355, 465, FDNT230, FTES210, 214

### Fitness & Exercise Courses

Each class includes both a fitness component as well as skills instruction. The goals of the fitness & exercise courses are:

1. To aid individuals in the development of Christlike attitudes and conduct in recreational activities, and to promote learning opportunities for cooperative teamwork.

2. To promote the development of physical fitness and physical skills that will continue throughout life and enhance the quality of one's leisure time.

3. To provide a variety of physical activities designed to meet the needs and desires of a diverse student population.

## Graduate Program

### MS: Nutrition and Wellness (32)

#### Admission Requirements

Applicants for the MS: Human Nutrition must have completed undergraduate credits in nutrition, and approved cognates as follows.

1. Two nutrition courses (equivalent to FDNT230 and one advanced course).
  2. Survey courses in chemistry with labs, including inorganic, organic, and biological (equivalent to CHEM110 and BCHM120).
  3. Human physiology (equivalent to BIOL112).
  4. Statistics (equivalent to STAT285).
- Applicants with deficiencies may be admitted provisionally, but they must take courses in addition to those in the degree program to meet deficiencies.

#### Degree Requirements

In addition to the general academic requirements for graduate degrees outlined on p. 51, the following departmental requirements should be noted:

- A minimum of 32 semester credits
- The core of 20 nutrition credits including FDNT448, 498, 2 credits of FDNT545, 565, 2 credits of FDNT586 and 2 credits of FDNT680, MKTG500, PETH465.
- FDNT670
- One of the following: CHMN543 Ministry of Healing (2), NRSG510 Christian Ministry (2), PTH646 Spirituality in Healthcare (2), or any other graduate religion course approved by the department.
- Students electing to do a thesis must complete 6 credits of FDNT699; students electing a non-thesis option must complete 3 credits of FDNT698.
- Students who present a signed verification statement outlining their successful completion of an undergraduate dietetics program may apply to do a Dietetic Internship as part of their MS in Nutrition and Wellness. Students accepted into this non-thesis program must register for 4 credits of FDNT594 in the fall semester and 4 credits in the spring semester, in the place of FDNT698. The Dietetic Internship is available only to students seeking registration eligibility, not to students with an RD. Successful completion of this intensive 8-month supervised practice qualifies students to write the national registration exam in dietetics.
- Electives are to be selected in consultation with the graduate advisor from graduate course offerings in nutrition, health, education, communication, behavioral science, business, and marketing.

<b>Courses</b>	<b>(Credits)</b>	<b>FDNT415</b>	<b>(1–4)</b>
See inside front cover for symbol code.			
<b>FDNT118</b> <b>The Profession of Dietetics</b>	<b>(1)</b>	<b>Professional Experience</b> A supervised lab experience introducing the student to the role of a professional in the workplace. Repeatable to 8 credits. <i>Fall, Spring</i>	
<b>FDNT124</b> <b>Food Science</b>	<b>\$ (3)</b>	<b>FDNT421</b> <b>Community Nutrition I</b>	<b>S ♦ \$ (2)</b>
Chemical and physical properties of foods that affect food handling, preparation, and preservation. Lab procedures apply the principles studied to the preparation of foods. Weekly: two lectures and a 3-hour lab. <i>Fall</i>		Principles for presenting nutrition information to individuals and groups. Community assessment and planning a community nutrition program. Weekly: 1-hour lecture and a 3-hour lab. Prerequisite: FDNT310. <i>Fall—Offered alternate years</i>	
<b>FDNT230</b> <b>Nutrition</b>	<b>\$ (3)</b>	<b>FDNT422</b> <b>Community Nutrition II</b>	<b>♦ \$ (2)</b>
A study of the basic principles of nutrition science, the biochemical functions of various nutrients, the changes in physiological needs with age, and the relationship between nutrition and health. Students needing life science general education credit must also register for the lab, FDNT240. Three lectures per week. <i>Fall, Spring</i>		Analysis of local and national nutrition programs and services. Impact of nutrition policies on community health. Implementing and evaluating a community nutrition program. Weekly: 1-hour lecture and a 3-hour lab. Prerequisite: FDNT421. <i>Spring—Offered alternate years</i>	
<b>FDNT230</b> <b>Nutrition</b>	<b>V (3)</b>	<b>FDNT431</b> <b>Medical Nutrition Therapy I</b>	<b>♦ \$ (4)</b>
AU/GU course—see content above.		Introduction to medical nutrition therapy. Medical terminology for healthcare professionals. Assessment of nutritional status by various methods. Development of nutritional care plans. Theory and techniques of counseling in various settings. Weekly: 3 hours lecture and 4 hours lab. Prerequisites: FDNT310, 485. <i>Fall</i>	
<b>FDNT240</b> <b>Nutrition Laboratory</b>	<b>\$ (1)</b>	<b>FDNT432</b> <b>Medical Nutrition Therapy II</b>	<b>♦ \$ (4)</b>
Discovering principles of nutrition science in the laboratory. A weekly 3-hour lab. Required for those students needing life science general education credit. <i>Fall, Spring</i>		Implement medical nutrition therapy through the assessment of nutritional status and development of care plans for a variety of clinical conditions, such as chronic diseases, oncology, nutrition support, and renal disease. Weekly: 3 hours lecture and 4 hours lab. Prerequisite: FDNT431. <i>Spring</i>	
<b>FDNT310</b> <b>Nutrition in the Life Cycle</b>	<b>(3)</b>	<b>FDNT440</b> <b>Topics in _____</b>	<b>(1–3)</b>
Study of the nutritional needs of the healthy person throughout the life cycle. The influence of socioeconomic, cultural, and psychological factors on food and nutritional behavior. Prerequisites: FDNT230. <i>Fall</i>		Selected topics in nutrition. Repeatable with different topics.	
<b>FDNT351</b> <b>Food Service Management I</b>	<b>(4)</b>	<b>FDNT448</b> <b>Nutrition and Wellness</b>	<b>(3)</b>
Introduction to the systems approach and application of the functions of management to foodservice systems. Principles of menu development, food production, service, delivery, procurement, sanitation, safety, and equipment selection in food service organizations. Weekly: 3 hours lecture and up to 4 hours lab. Prerequisites: FDNT124; BIOL260; MATH145 or equivalent. <i>Fall—Offered alternate years</i>		The dietary factors associated with the major chronic diseases of Western society. The use of plant-based diets in health promotion and disease prevention. Discussion of herbal therapies. Prerequisite: FDNT230. <i>Fall</i>	
<b>FDNT352</b> <b>Food Service Management II</b>	<b>(3)</b>	<b>FDNT460</b> <b>Seminar</b>	<b>(1–2)</b>
Application of management functions and principles to foodservice organizations. Specific attention to marketing processes, CQI, and integration of foodservice subsystems. Includes the management of human, material, spatial, and financial resources in environmentally responsible ways. Weekly: 2 hours lecture and up to 4 hours lab. Prerequisites: FDNT351; BSAD355. <i>Spring—Offered alternate years</i>		Review of contemporary issues and/or current literature in nutrition. Repeatable to 3 credits. <i>Spring</i>	
		<b>FDNT469</b> <b>International Nutrition</b>	<b>♦ (2–3)</b>
		A study of world food production, supply, storage, and marketing. Causes and symptoms of nutritional deficiencies in the developing world. Diseases of the affluent. Effects of nutritional deprivation on health and productivity. Effects of social and cultural factors in nutrition. <i>Fall</i>	

- FDNT476** ♦ (2)  
**Nutrition and Aging**  
 Physiological changes in aging. Food-selection patterns, nutritional needs, nutritional disorders, and chronic diseases. Prerequisite: FDNT230. *Fall*
- FDNT478** ♦ \$ (0-4)  
**Study Tour:**  
 Travel to designated regions to observe regional nutritional problems. Participation in guided relief efforts and nutrition education where possible combined with lectures, directed reading, and individual research. The amount of credit and the geographic area are designated at the time a study tour is announced. A maximum of 4 credits may be applied to the major.
- FDNT485** ♦ (3)  
**Nutrition and Metabolism**  
 Study of the nutrients and their functions within the living cell and the complex organism. Discussion of the major metabolic pathways. Prerequisites: BCHM120, FDNT230. *Spring*
- FDNT490** (1)  
**Dietetic Program Review**  
 A comprehensive review of the major elements of the undergraduate dietetics program (DPD). The senior comprehensive exam will be given at the end of the semester.
- FDNT495** (1-3)  
**Independent Study/Readings**  
 Repeatable to 4 credits in independent study and 4 credits in readings on nutrition and dietetics. Consent of instructor required.
- FDNT497** (2)  
**Internship**  
 Supervised field experience in an approved health institution or health promotion program for a total of 200 hours. Application of knowledge and competencies learned in the health program.
- FDNT498** ♦ (2)  
**Research Methods**  
 A study of research methodology, survey methods, and applied statistics as they relate to dietetics. *Fall*
- FDNT540** (2)  
**Maternal and Child Nutrition**  
 Role of nutrition in human growth and development, with emphasis on prenatal period, infancy, childhood, and adolescence.
- FDNT545** \$ (2-4)  
**Nutrition and Wellness Programs**  
 Development of nutrition and wellness programs for community groups emphasizing health promotion. Includes participation in community assessment, program planning, implementation, and evaluation of a program. Prerequisite: FDNT448.
- FDNT555** (3)  
**Advanced Human Nutrition I**  
 Functions and nutritional metabolism of simple and complex carbohydrates, lipids, amino acids, and proteins. Public health applications. Prerequisite: A course in biochemistry. *Fall*
- FDNT556** (3)  
**Advanced Human Nutrition II**  
 Functions and nutritional metabolism and interactions of fat-soluble and water-soluble vitamins, minerals, and trace minerals. Public health applications. Prerequisite: A course in biochemistry. *Spring*
- FDNT565** (3)  
**Current Issues in Nutrition and Wellness**  
 Discussion of current issues in nutrition, food safety, public health, and wellness. Prerequisite: FDNT230. *Spring*
- FDNT570** (3)  
**Maternal and Child Health**  
 Preventive health care and conditions necessary for mother and child well-being in developing countries. Community-based interventions for child survival. Management of maternal and child health programs.
- FDNT585** (1-4)  
**Topics in \_\_\_\_\_**  
 Selected topics in the areas of nutrition and wellness. Repeatable to 6 credits.
- FDNT586** (1-4)  
**Professional Experience**  
 Opportunities for unique supervised practical experiences in various organizations to introduce the student to the role of a professional. A maximum of 4 credits per semester can be taken. Repeatable to 8 credits.
- FDNT594** \$ (0, 4)  
**Dietetic Internship**  
 The internship is equivalent to a full-time load. It involves 35-40 hours per week of supervised practice. Open only to students seeking registration eligibility with the Commission on Dietetic Registration of the American Dietetic Association. *Fall, Spring*
- FDNT600** (1)  
**Research Design**  
 Criteria for the organization, analysis, and reporting of research in Nutrition. Preparation of a proposal for a master's thesis or project. Prerequisite: FDNT498 or equivalent. *Spring*
- FDNT648** (1-4)  
**Workshop**
- FDNT650** \$ (0)  
**Project Continuation**  
 Student may register for this title while clearing deferred grade (DG) and/or incomplete (I) courses with advisor approval only. Registration for this title indicates full-time status.
- FDNT655** \$ (0)  
**Program Continuation**  
 Students may register for this non-credit continuation course to maintain active status. For additional information on active status, please refer to p. 51 in the bulletin. Registration does not indicate full-time status.
- FDNT660** \$ (0)  
**Thesis Continuation**  
 Student may register for this title while clearing deferred grade

(DG) and/or incomplete (I) courses with advisor approval only. Registration for this title indicates full-time status.

**FDNT665** \$ (0)  
**Preparation for Comprehensive Exams**  
 Advisor approval required. Registration for this title indicates full-time status.

**FDNT670** (0)  
**Comprehensive Exam**

**FDNT680** (1-4)  
**Research Seminar**  
 Individual reports and discussion of recent research data. Repeatable to 4 credits. Consent of instructor required.

**FDNT690** (1-6)  
**Independent Study**  
 Individual study and/or research. Consent of instructor required. Repeatable to 6 credits.

**FDNT698** (3)  
**Research Project**

**FDNT699** (3-6)  
**Master's Thesis**  
 Repeatable to 6 credits.

### Health Courses

**HLED120** \$ (1)  
**Fit for Life**  
 A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management, stress, cardiovascular disease, cancer, addictions, and injury prevention. Practical tools will be given to help adopt healthier lifestyles.

**HLED210** (3)  
**Philosophy of Health**  
 The Biblical basis of health. A study of the historical development and basis of the health message in the SDA church. The role of health promotion in current society.

**HLED380** (3)  
**Natural Therapies**  
 The study of simple natural therapeutic remedies, including massage, hydrotherapy, and herbal therapies

**HLED445** (3)  
**Consumer Health**  
 An analysis of the various fads in society today, and the methods and techniques used by promoters of health care products and services. A study of ways in which consumers are vulnerable to certain health claims and scams, and the protection provided to the consumer by governmental agencies.

**HLED480** (3)  
**Wellness Programs**  
 Learning the steps of needs assessment of a community, planning a program, conducting a health promotion program while utilizing the resources of the community, and the program evaluation. Two lectures per week and a third hour each week.

**PETH495** (1-4)  
**Independent Study/Reading/Research/Project**  
*Independent Study:* Directed study in an area of interest resulting in a formal term paper.  
*Independent Readings:* Weekly meetings with the instructor for individual assignments and reports.  
*Independent Research:* Design and execution of an experiment or causal-comparative research.  
*Independent Project:* Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. *Fall, Spring*

### Fitness & Exercise Courses

**FTES115** \$ (1)  
**Disc Sports**  
 Development of basic skills for 'Disc Sports' like disc golf and ultimate frisbee. Students will learn the basic strokes, rules and techniques to allow them to be proficient in these life-time activities.

**FTES210** \$ (1)  
**Personal Fitness Plan**  
 A study of basic-fitness concepts and principles in conjunction with a personalized exercise program for disease prevention and health maintenance. Short readings are required weekly.

**FTES214** \$ (1)  
**Weight Training and Conditioning**  
 Instruction in body development and coordination activities for men; weight lifting and individual calisthenics program; and body development and shaping for women.

**FTES305** \$ (2)  
**Current Concepts and Applications in Physical Fitness**  
 A foundational course surveying the current trends and practices in the area of physical fitness. Understanding and critically analyzing the concepts, principles, and guidelines for fitness exercise and related activities.

**FTES355** \$ (3)  
**Methods of Fitness Instruction**  
 A course providing knowledge and practical application for instructing safe and effective exercise programming for apparently healthy individuals. Teaching and evaluating of a variety of individual and group exercise sessions including several different types of physical activities.

**FTES465** ♦ \$ (4)  
**Exercise Physiology**  
 Study of the body's physiological response to exercise. Prerequisites: BIOL111, 112 or equivalent. Three lectures per week plus a 3-hour lab. Spring

**PEAC106** \$ (1)  
**Beginning Basketball**  
 Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, basic rules, offensive strategy, basic rules, and team play.

<p><b>PEAC107</b> \$ (1)  <b>Beginning Volleyball</b>            Instruction in the basic skills of serving, setting, passing, and spiking, and the basic instruction on rules, and 2, 3, 4, and 6 person team play.</p>	<p><b>PEAC128</b> \$ (1)  <b>Beginning Golf</b>            Study of the basic techniques of the golf swing. An introduction to the game, rules, and etiquette of golf. Students must supply their own equipment. Additional lab fees required. <i>Spring</i></p>
<p><b>PEAC109</b> \$ (1)  <b>Beginning Softball</b>            Instruction in the fundamental skills of throwing, catching, base running, batting, and fielding of ground and fly balls. Position play, game situation drills, scrimmages, and rules are covered. Student must supply own glove. <i>Spring</i></p>	<p><b>PEAC129</b> \$ (1)  <b>Beginning Racquetball</b>            Introduction to basic strokes, singles and doubles play, strategy, and rule interpretations. Student must supply own racquet, balls, and eye guards.</p>
<p><b>PEAC114</b> (1)  <b>Beginning Soccer</b>            Learning the fundamental skills of ball control, passing, blocking, and shooting goals. Indoor or outdoor games depending upon the season and weather.</p>	<p><b>PEAC130</b> \$ (1)  <b>Special Activities</b>            Special areas beyond normally offered courses: cycling, diving, fitness games, fitness swimming. Repeatable in different areas. Consult the current class schedule for activities offered each year.</p>
<p><b>PEAC116</b> \$ (1)  <b>Weight Control and Conditioning</b>            Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight.</p>	<p><b>PEAC131</b> \$ (1)  <b>Pilates</b>            The student will learn the Pilates technique and the health benefits of Pilates, in addition to regular exercise and weight training.</p>
<p><b>PEAC118</b> \$ (1)  <b>Beginning Badminton</b>            Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations.</p>	<p><b>PEAC132</b> \$ (1)  <b>Cardio Kick</b>            The student will participate in a high-intensity, cardio workout utilizing techniques from Tae Kwon Do and kick boxing. In addition, the student will learn abdominal exercises and lower body toning exercises.</p>
<p><b>PEAC119</b> \$ (1)  <b>Beginning Tennis</b>            Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. <i>Spring</i></p>	<p><b>PEAC144</b> \$ (1)  <b>Beginning Floor Hockey</b>            Introduction to the game, including team composition, rules, and fundamental skills.</p>
<p><b>PEAC120</b> \$ (1)  <b>Scuba</b>            An entry level course in scuba diving. Includes instruction in the buddy system, dive planning, donning and removing equipment in the water, alternate air sources, buddy breathing, entries, communication, and navigation. Swimming pretest required. YMCA certification. Additional fees apply. <i>Spring</i></p>	<p><b>PEAC150</b> \$ (1)  <b>Swimming</b>            Designed for multilevel instruction. Three basic levels are incorporated into the class based on a swimming pretest: beginners, intermediate, and advanced. No swimming ability necessary. Repeatable.</p>
<p><b>PEAC125</b> \$ (1)  <b>Canoeing</b>            Emphasis on precise canoe handling through paddle control. Based on traditional strokes. Practice conducted on local lakes and rivers. One all-day canoe trip or two half-day canoe trips are required. <i>Fall</i></p>	<p><b>PEAC174</b> \$ (1)  <b>Cross-Country Skiing &amp; Winter Camping</b>            Instruction in cross-country skiing technique, conditioning, equipment, winter camping skills, and winter safety.</p>
<p><b>PEAC126</b> \$ (1)  <b>Cycling</b>            A study of the various types of cycling, cycling techniques, and the proper maintenance of a bicycle.</p>	<p><b>PEAC206</b> \$ (1)  <b>Intermediate Basketball</b>            Analysis of and drills in fundamental skills, offensive and defensive strategies. Emphasis is given to team play.</p>
<p><b>PEAC127</b> \$ (1)  <b>Rock Climbing</b>            A safe introductory course that includes learning climbing skills, essential climbing knots, proper equipment and safety, and self-rescue.</p>	<p><b>PEAC207</b> \$ (1)  <b>Intermediate Volleyball</b>            Instruction in advanced team play, offensive and defensive strategies. Game scrimmages will help to perfect fundamental skills.</p>
	<p><b>PEAC209</b> \$ (1)  <b>Intermediate Softball</b>            Instruction in team play, cutoffs, relays, and offensive and defensive strategies. Game scrimmages use the pitching machine. Students supply own glove.</p>

<p><b>PEAC215</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Beginning Acrobatics</i></b>  Learning and performance of the fundamental skills of tumbling and balancing.</p>	<p><b>PEAC300</b> <span style="float: right;"><b>(1)</b></span>  <b><i>Lifeguarding</i></b>  Instruction in accident prevention, aquatic facility supervision, and water-rescue techniques. Successful completion results in American Red Cross Lifeguard Training certification. Current first aid and CPR certification included. Prerequisite: Ability to swim 500 yards in 10 minutes or less. <i>Fall</i></p>
<p><b>PEAC228</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Intermediate Golf</i></b>  Analysis of golf swing and techniques of improving the short game. Emphasis on refining the golf swing. Students supply their own equipment. Additional lab fees required. <i>Spring</i></p>	<p><b>PEAC330</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Wilderness Living</i></b>  Instruction in camping and survival techniques, open fire cooking, orienteering, backpacking, wilderness first aid, edible wild plants, and tracking. Students supply their own equipment. One weekend trip required.</p>
<p><b>PEAC229</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Intermediate Racquetball</i></b>  Perfection of fundamental skills and strategy.</p>	<p><b>PEAC350</b> <span style="float: right;"><b>(1)</b></span>  <b><i>Water Safety Instructor</i></b>  Instruction in techniques for teaching American Red Cross swimming courses. Current CPR certification required. Swimming pretest required. <i>Spring</i></p>
<p><b>PEAC240</b> <span style="float: right;"><b>\$ (0, 1)</b></span>  <b><i>Gymnics</i></b>  The student will be a part of a demonstration acrobatic team that will perform for various audiences both spiritual and secular in nature. Students will learn to perform various acrobatics, increase their physical fitness level and learn teamwork. Students will develop tolerance both for others and for themselves as they become a part of the team and will have an opportunity to share what God has done and what He is ready to do again in their lives. Class meets four nights a week for 2 hours throughout the fall and spring semesters of the school year. Registration for this class is contingent upon being selected for the team following tryouts. All students on the team must register each semester. Course can be taken for credit one semester per academic year. Repeatable.</p>	<p><b>PEAC389</b> <span style="float: right;"><b>(1)</b></span>  <b><i>WSI Internship</i></b>  Students who have a current American Red Cross Water Safety Instructor's Certification or equivalent can take advantage of this opportunity. Participants will teach and organize a class of students for the Learn-To-Swim program. Teachers will be expected to provide lesson plans and teach all the required lessons. <i>Fall, Spring, S/U.</i></p>
<p><b>PEAC244</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Intermediate Floor Hockey</i></b>  Analysis of and drills in fundamental skills, position play, and team strategies. Emphasis given to team play.</p>	
<p><b>PEAC255</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Intermediate Acrobatics</i></b>  Learning, performance, and exploration of tumbling and balancing. With emphasis on conceptual creativity, choreography, and program management. Instruction on spotting techniques, teaching theories, progression and safety will be given.</p>	
<p><b>PEAC266</b> <span style="float: right;"><b>(1)</b></span>  <b><i>Officiating</i></b>  Practical field experience in officiating. Rules, officiating mechanics, and signals, learned and practiced. MHSAA certification available. Certified officials have opportunities to earn up to \$50.00 a game for officiating elementary school, middle school, and high school athletic contests. Prerequisite: Previous knowledge of the game and/or experience playing the game.</p>	
<p><b>PEAC275</b> <span style="float: right;"><b>\$ (1)</b></span>  <b><i>Outdoor Trips-N-Treks</i></b>  One to two week trips beyond the normally offered activity courses: Biking, Backpacking, Skiing. Repeatable in different areas. Instructor's permission required. Consult the current class schedule for activities offered each year. Normally involves out-of-state destinations when school is not in regular session.</p>	